

Recreation and Community Services Department

WINTER

CLASSES AND PROGRAMS

Register Online Friday November 28th at 7am, at [www.montereypark.ca.gov](http://www.montereypark.ca.gov)  
Walk in Registration Monday, December 1st, 2014

ART CLASSES

ART, DRAWING & SKETCHING

A beginning group lesson class introducing the basic skills of drawing. \$12 materials fee is due at first class meeting. Students must verify any holiday make ups with instructor. MAX 10 students only.

<b>Rainbow Art Studio, 260 East Garvey Avenue Monterey Park</b>			
<b>12 weeks: January 7, 2015 – March 28, 2015</b>			
<b>Fees: \$144.00</b>	<b>5yrs to 12yrs</b>		
1501.304	Wednesday	5:45-6:45pm	
1501.305	Thursday	5:45-6:45pm	
1501.306	Friday	2:45-3:45pm	

ARTS & CRAFTS

Students will learn various crafts, using the latest materials: Wall Art, Greeting Cards, 3D Pictures, Jewelry, Clay, Holiday Projects, Ribbon Embroidery, Stained Glass and much more!  
**Marlene Cardinali,**



<b>Barnes Park Service Club</b>			
<b>12 Weeks: January 8, 2015 – March 26, 2015</b>			
<b>Fees: \$47.00</b>			
1509.301	Thursday	9:00-12:00 pm	

CARTOON DRAWING

Learn to draw funny cartoons the easy way with creative use of color blends. Students will be responsible for all supplies: paper, crayons, & pencils on the first day of class. Students must verify any holiday make ups with instructor.

<b>Simon Yen, Barnes Park Service Club</b>			
<b>10 Weeks: January 9, 2015 – March 13, 2015</b>			
<b>Fees: \$55.00</b>	<b>3yrs to 8yrs</b>		
1504.301	Friday	5:00-6:00pm	

PENCIL DRAWING

Learn basic drawing techniques using the latest materials. Students will be responsible for all materials: colored pencils (28-30) and A4 drawing book at the first class. Students must

verify any holiday make ups with instructor.			
<b>Simon Yen, Barnes Park Service Club</b>			
<b>10 Weeks: January 9, 2015 – March 13, 2015</b>			
<b>Fees: \$55.00</b>	<b>7yrs to 13yrs</b>		
1504.302	Friday	4:00-5:00pm	

WATERCOLOR PAINTING

Watercolor Painting is fun and relaxing. Join us as we paint bright & beautiful watercolors from photos. This is an adult class and is geared for beginning, intermediate, and advanced students. Students are responsible for any/all art supplies.



<b>Peter Morris, Barnes Park Service Club</b>			
<b>10 Weeks: January 6, 2015 – March 10, 2015</b>			
<b>Fees: \$50.00</b>	<b>18yrs &amp; Up</b>		
1510.301	Tuesday	6:30 to 8:30pm	

DANCE CLASSES

BALLET

Ballet is the foundation for all dances and can help dramatically improve other dance techniques. Students are responsible for pink leather or canvas split sole ballet slippers and additional materials fee which will include: leotard, tights, etc. Students must verify any holiday make ups with instructor.

<b>JayVee Dance Center,</b>			
<b>216 East Main Street, Alhambra</b>			
<b>8 Weeks: January 10, 2015 – February 28, 2015</b>			
<b>Fees: \$90.00</b>	<b>5yrs &amp; up</b>		
1402.302	5yrs to 8yrs	Tuesday	3:30 to 4:30pm
1402.303	8yrs to 18yrs	Wednesday	3:30-4:30pm
<b>Arte Flamenco Dance Theater, 230 West Main Street, Alhambra</b>			
<b>9 Weeks: January 3, 2015 – February 28, 2015</b>			
<b>Fees: \$92.00</b>			
1404.301	4-5yrs.	Saturday	10:00 to 11:00am
1404.302	6yrs-12yrs	Saturday	11:00am-12:00pm



BELLY DANCING - INTRO

Get all the basics of this alluring dance form. Students will learn basic belly dance techniques such as hip undulations, muscle isolations and body placement. Hip scarf optional but available for purchase at the Arte Flamenco. Students must verify any holiday make ups with instructor.

<b>Arte Flamenco Dance Theater, 230 West Main Street, Alhambra</b>			
<b>10 Weeks: January 7, 2015 – March 11, 2015</b>			
<b>Fees: \$92.00</b>	<b>15yrs &amp; Up</b>		
1404.303		Wednesday	7:30 to 8:30pm

DANCE RHYTHM FITNESS

Dance Rhythm Fitness is an American Folk Dance, also called Clogging. It is done to music such as Latin, Polka, Irish, Dixieland and Bluegrass – A true exercise without exercising. No Partner required and No experience necessary.

<b>Reggie Stevens,</b>			
<b>George Elder Community Center</b>			
<b>12 Weeks: January 8, 2015 – March 26, 2015</b>			
<b>Fees: \$32.00</b>	<b>All Welcome</b>		
1407.301		Thursday	7:00 to 9:00pm



FOLKLORICO

Viva Mexico! Students of all ages will be introduced to traditional dance movements, skirt work and heelwork of the dances of Mexico. Students must verify any holiday make ups with instructor.  
**Arte Flamenco Dance Theater, 230 West Main Street, Alhambra**

<b>10 Weeks: January 7, 2015 – March 11, 2015</b>			
<b>Fees: \$92.00</b>			
1404.306	6yrs to 12yrs	Wednesday	6:00 to 7:00pm
1404.307	4yrs to 5yrs	Wednesday	6:30 to 7:30pm

FLAMENCO

Ole! These introductory classes will cover basic arm and body placement, heelwork and hand clapping while learning a basic flamenco rhythm. Flamenco shoes are required. Students must verify any holiday make ups with instructor.

<b>Arte Flamenco Dance Theater,</b>			
<b>230 West Main Street, Alhambra</b>			
<b>10 Weeks: January 3, 2015 – March 8, 2015</b>			
<b>Fees: \$92.00</b>	<b>4yrs &amp; Up</b>		
1404.308	4yrs to 6yrs	Saturday	9:00 to 10:00am
1404.309	6yrs to 12yrs	Thursday	6:00 to 7:00pm
1404.310	15yrs & Up	Thursday	7:00 to 8:00pm
1404.311	15yrs & Up	Saturday	12:00 to 1:00pm
1404.312	15yrs & Up	Sunday	11:00 to 12:00pm
1404.313	7yrs to 12yrs	Saturday	10:00 to 11:00 am



JAZZ

This class is an upbeat modern version of Broadway style dancing! Emphasis on basic skills of Jazz technique with a focus on ballet training, rhythmic, and modern combinations of music and movement. Specific dance attire is required at an additional request. Please contact studio for specifics.

<b>JayVee Dance Center, 216 East Main Street, Alhambra</b>			
<b>8 Weeks: January 7, 2015 – February 25, 2015</b>			
<b>Fees: \$90.00</b>	<b>6yrs to 18yrs</b>		
1402.312	6yrs to 9yrs	Wednesday	3:30-4:30pm

HIP HOP

Bringing together the culture of street dancing and the technical training of dance, Hip Hop has an entertainment quality that is uniquely its own. Students are responsible for tennis shoes and an additional materials fee which will include: t-shirt, basketball shorts/sweatpants. Students must verify any holiday make ups with instructor.

<b>JayVee Dance Center,</b>			
<b>216 East Main Street, Alhambra</b>			
<b>8 Weeks: January 8, 2015 – February 26, 2015</b>			
<b>Fees: \$90.00</b>	<b>4yrs to 18yrs</b>		
1402.313	4yrs to 6yrs	Thursday	3:30 to 4:30pm



<b>8 Weeks: January 6, 2015 – February 28, 2015</b>			
<b>Fees: \$90.00</b>	<b>4yrs &amp; up</b>		
1402.314	4yrs to 6yrs	Tuesday	3:30 to 4:30pm
1402.315	7yrs to 9yrs	Tuesday	4:30 to 5:30pm
1402.316	10yrs to 13yrs	Tuesday	5:30 to 6:30pm
1402.317	13yrs to 18yrs	Tuesday	7:30 to 8:30pm
1402.319	13yrs to 18yrs	Saturday	12:30 to 1:30pm
1402.320	18yrs & Up	Monday	7:30 to 8:30pm

HAWAIIAN-HULA-TAHITIAN DANCE

Students will learn the national dance of Hula. Students must verify any holiday make ups with instructor.

<b>JayVee Dance Center, 216 East Main Street, Alhambra</b>			
<b>8 Weeks: January 7, 2015 – February 25, 2015</b>			
<b>Fees: \$90.00</b>			
1402.322	13yrs & Up	Wednesday	7:30 to 8:30pm
<b>Arte Flamenco Dance Theater, 230 West Main Street, Alhambra</b>			
<b>10 Weeks: January 3, 2015 – March 12, 2015</b>			
<b>Fees: \$92.00</b>	<b>6yrs to 12yrs</b>		
1404.305		Thursday	6:00 to 7:00pm
1404.317		Saturday	12:00 to 1:00pm

SALSA

Salsa is very energetic and fun Latin Dance as well as great exercise. Beginning students will learn all the fundamental steps and partnering techniques for salsa dancing. Intermediate students will learn more advanced partnering and more sophisticated footwork. Lessons also include: Cha Cha, Bachata, Merengue and Cumbia. No partner necessary. Students must verify any holiday make ups with instructor.

<b>Dorothy Tsu &amp; Moses Navarro, Garvey Ranch Park</b>			
<b>12 Weeks: January 2, 2015 – March 20, 2015</b>			
<b>Fees: \$96.00</b>	<b>All Welcome</b>		
1406.301	Beginner	Friday	7:30 to 8:30pm
1406.302	Intermediate	Friday	8:30 to 9:30pm

ZUMBA FITNESS

Zumba combines Latin and international music with dance in an effort to make exercise fun. The class, created with specific beats and tempo changes, transitions the workout from one toning, strengthening or cardio move to another and targets every major muscle group in the body. Please wear comfortable athletic attire and tennis shoes.

<b>JayVee Dance Center, 216 East Main Street, Alhambra</b>			
<b>8 Weeks: January 6, 2015 – February 28, 2015</b>			
<b>Fees: \$90.00</b>			
1402.323	18yrs & Up	Tuesday	6:30 to 7:30pm
1402.324	18yrs & Up	Thursday	6:30 to 7:30pm
1402.325	18yrs & Up	Saturday	9:30 to 10:30am



EDUCATION CLASSES

CHILD - PARENT EDUCATION

Children will learn social and academic skill through music, crafts and other learning activities. Class will also lend insight about child development and personality. A \$10 materials fee per child required at first class meeting.



Credentialed Parent Education Instructor, Garvey Ranch Park OR Barnes Park Service Club  
CHILD - PARENT EDUCATION  
Barnes Park Service Club

10 Weeks: January 6, 2015 – March 10, 2015  
Fees: \$77.00 Oyls to 3.5yrs  
1305.302 Tuesday 9:00 to 11:00am

CHILD - PARENT EDUCATION

Garvey Ranch Park

10 Weeks: January 5, 2015 – March 9, 2015  
Fees: \$77.00 Oyls to 18 months  
1305.303 Monday 9:00 to 11:00am

CHILD - PARENT EDUCATION

Garvey Ranch Park

10 Weeks: January 7, 2015 – March 11, 2015  
Fees: \$77.00 3yrs Old- Must turn 3 by September 1, 2014  
1305.304 Wednesday 9:00 to 11:00am

CHINESE LANGUAGE - ADULTS

This class will focus on middle and high school courses to improve students reading and writing abilities. Students must verify any holiday make ups with instructor.

Amie (Xiaodong) Wang,  
George Elder Community Center

4 Weeks: November 23, 2014 – December 21, 2014  
(Close on Thanksgiving, Christmas Weekends)

Fees: \$57.00 18yrs & Up  
1301.321 Sunday 9:00 to 11:00am  
1301.322 Sunday 11:15 to 1:15pm  
1301.323 Sunday 2:00 to 4:00pm

CHINESE LANGUAGE - GRADE 1

Experienced instructors use regular Chinese teaching material and can speak Mandarin, Cantonese and English. Learn phonetic alphabet (Pinyin), simplified and traditional Chinese characters. Students must verify any holiday make ups with instructor.

Amie (Xiaodong) Wang, George Elder Community Center

4 Weeks: November 22, 2014 – December 20, 2014(Close on Thanksgiving, Christmas weekends)

Fees: \$37.00 6yrs to 7yrs  
1301.324 Book 1 Saturday 9:00 to 11:00am  
1301.325 Book 2 Saturday 9:00 to 11:00am  
1301.326 Book 2 Saturday 11:15 to 1:15pm

CHINESE LANGUAGE - GRADE 2

Experienced instructors use regular Chinese teaching material and can speak Mandarin, Cantonese and English. Learn phonetic alphabet (Pinyin), simplified and traditional Chinese characters. Students must verify any holiday make ups with instructor.

Amie (Xiaodong) Wang, George Elder Community Center

4 Weeks: November 22, 2014 – December 20, 2014(Close on Thanksgiving, Christmas weekends)

Fees: \$37.00 7yrs to 8yrs  
1301.327 Book 3 Saturday 11:15 to 1:15pm  
1301.328 Book 4 Saturday 11:15 to 1:15pm  
1301.329 Book 4 Saturday 11:15 to 1:15pm

CHINESE LANGUAGE - GRADE 3

Experienced instructors use regular Chinese teaching material and can speak Mandarin, Cantonese and English.

Learn phonetic alphabet (Pinyin), simplified and traditional Chinese characters. Students must verify any holiday make ups with instructor.

Amie (Xiaodong) Wang, George Elder Community Center

4 Weeks: November 22, 2014 – December 20, 2014  
(Close on Thanksgiving, Christmas weekends)  
Fees: \$37.00

8yrs to 9yrs  
1301.330 Book 5 Saturday 9:00 to 11:00am



CHINESE LANGUAGE - GRADE 4 & 5

Experienced instructors use regular Chinese teaching material and can speak Mandarin, Cantonese and English. Learn phonetic Alphabet (Pinyin), simplified and traditional Chinese characters. Students must verify any holiday make ups with instructor.



Amie (Xiaodong) Wang, George Elder Community Center

4 Weeks: November 22, 2014 – December 20, 2014(Close on Thanksgiving, Christmas weekends)

Fees: \$37.00 10yrs to 12yrs  
1301.331 Book 7 Saturday 9:00 to 11:00pm  
1301.332 Book 7 Saturday 2:00 to 4:00pm

CHINESE LANGUAGE – JR HIGH SCHOOL

This class will focus on middle and high school courses to improve students reading and writing abilities. Students must verify any holiday make ups with instructor.

Amie (Xiaodong) Wang, George Elder Community Center

4 Weeks: November 22, 2014 – December 20, 2014(Close on Thanksgiving, Christmas weekends)

Fees: \$57.00 12yrs to 14yrs  
1301.233 Saturday 11:15 to 1:15pm

CHINESE LANGUAGE – HIGH SCHOOL

This class will focus on middle and high school courses to improve students reading and writing abilities. Students must verify any holiday make ups with instructor.

Amie (Xiaodong) Wang, George Elder Community Center

4 Weeks: November 23, 2014 – December 21, 2014(Close on Thanksgiving, Christmas weekends)

Fees: \$57.00 14yrs & Up  
1301.334 Sunday 9:00 to 11:00am  
1301.335 Sunday 11:15 to 1:15pm  
1301.336 Sunday 2:00 to 4:00pm

CHINESE LANGUAGE - ADULTS

This class will focus on middle and high school courses to improve students reading and writing abilities. Students must verify any holiday make ups with instructor.

Amie (Xiaodong) Wang, George Elder Community Center

10 Weeks: January 4, 2015 – March 8, 2015

Fees: \$127.00 18yrs & Up  
1301.301 Sunday 9:00 to 11:00am  
1301.302 Sunday 11:15 to 1:15pm  
1301.303 Sunday 2:00 to 4:00pm

CHINESE LANGUAGE - GRADE 1

Experienced instructors use regular Chinese teaching material and can speak Mandarin, Cantonese and English. Learn phonetic alphabet (Pinyin), simplified and traditional Chinese characters. Students must verify any holiday make ups with instructor.

Amie (Xiaodong) Wang, George Elder Community Center

10 Weeks: January 3, 2015 – March 7, 2015

Fees: \$77.00 6yrs to 7yrs  
1301.304 Book 1 Saturday 9:00 to 11:00am  
1301.305 Book 2 Saturday 9:00 to 11:00am  
1301.306 Book 2 Saturday 11:15 to 1:15pm

CHINESE LANGUAGE - GRADE 2

Experienced instructors use regular Chinese teaching material and can speak Mandarin, Cantonese and English. Learn phonetic alphabet (Pinyin), simplified and traditional Chinese characters. Students must verify any holiday make ups with instructor.

Amie (Xiaodong) Wang, George Elder Community Center

10 Weeks: January 3, 2015 – March 7, 2015

Fees: \$77.00 7yrs to 8yrs  
1301.307 Book 3 Saturday 11:15 to 1:15pm  
1301.308 Book 4 Saturday 11:15 to 1:15pm  
1301.309 Book 4 Saturday 11:15 to 1:15pm

CHINESE LANGUAGE - GRADE 3

Experienced instructors use regular Chinese teaching material and can speak Mandarin, Cantonese and English.



Learn phonetic alphabet (Pinyin), simplified and traditional Chinese characters. Students must verify any holiday make ups with instructor.

Amie (Xiaodong) Wang, George Elder Community Center

10 Weeks: January 3, 2015 – March 7, 2015

Fees: \$77.00 8yrs to 9yrs  
1301.310 Book 5 Saturday 9:00 to 11:00am

CHINESE LANGUAGE - GRADE 4 & 5

Experienced instructors use regular Chinese teaching material and can speak Mandarin, Cantonese and English. Learn phonetic Alphabet (Pinyin), simplified and traditional Chinese characters. Students must verify any holiday make ups with instructor.

Amie (Xiaodong) Wang, George Elder Community Center

10 Weeks: January 3, 2015 – March 7, 2015

Fees: \$77.00 10yrs to 12yrs  
1301.311 Book 7 Saturday 9:00 to 11:00pm  
1301.312 Book 7 Saturday 2:00 to 4:00pm

CHINESE LANGUAGE – JR HIGH SCHOOL

This class will focus on middle and high school courses to improve students reading and writing abilities. Students must verify any holiday make ups with instructor.

Amie (Xiaodong) Wang, George Elder Community Center

10 Weeks: January 3, 2015 – March 7, 2015

Fees: \$127.00 12yrs to 14yrs  
1301.213 Saturday 11:15 to 1:15pm

CHINESE LANGUAGE – HIGH SCHOOL

This class will focus on middle and high school courses to improve students reading and writing abilities. Students must verify any holiday make ups with instructor.

Amie (Xiaodong) Wang, George Elder Community Center

10 Weeks: January 4, 2015 – March 8, 2015

Fees: \$127.00 14yrs & Up  
1301.314 Sunday 9:00 to 11:00am  
1301.315 Sunday 11:15 to 1:15pm  
1301.316 Sunday 2:00 to 4:00pm

DRIVER’S EDUCATION

Driver education is a California-required course for teens to receive a driver’s license. This is an online study course. DMV accepted completion certificates issued upon successful completion of the course. Class is on-going & does not include behind-the-wheel driving.



All Good Drivers, On Line Class

3 Months: January 5, 2015 – March 29, 2015

Fees: \$82.00 14yrs to 18yrs  
1304.301 Internet Course Mon-Sun 12:00am to 11:59pm

EXERCISE CLASSES

AEROBICS - HIGH & LOW IMPACT

This class combines strength and cardiovascular training to maximize fat burning as well as improve aerobic and strength fitness. NO CHILDREN ARE ALLOWED. Students must verify any holiday make ups with instructor.



Mae Pang, Brightwood Cafeteria

12 Weeks: December 1, 2014 – March 12, 2015

Fees: \$50.00 (1-day) or \$60.00 (2-days) 17yrs & Up  
1201.301 Monday 7:00 to 8:00pm  
1201.302 Thursday 7:00 to 8:00pm (Wed 12/3, Tues 12/23)\*  
1201.303 Mon/Th 7:00 to 8:00pm (Wed 12/3, Tues 12/23)\*

12 Weeks: December 1, 2014 – March 10, 2015 (December 1(Mon), 3 (Wed)\*, 22(Mon), 23 (Tues)\*, Mondays: January 5, 12, 19, 26, Feb 2, 9, 16, 23 March 2, 9.  
Thursdays: January 8, 15, 22, 29, February 5, 12, 19, 26, March 5, and 12.

\*Schedule in December are on Wed 12/3th (in place of 12/5) and Tues 12/23 (in place of 12/25)

CHI GONG

Class incorporates 36 chi-gong movements and 12 tai-chi movements for a gentle, relaxing exercise. Tone your body, gain flexibility, be healthier and more vibrant. Students must verify any holiday make ups with instructor.

Nelson Ong, Barnes Park Memorial Bowl

10 Weeks: January 3, 2015 – March 13, 2015

Fees: \$90.00 All Welcome  
1203.301 Friday 10:00 to 11:30am  
1203.302 Saturday 9:00 to 10:30am



PILATES – MAT CLASS

Pilates is an exercise system for the mind and body – toning different muscles, developing proper breathing, posture, and mental concentration. This class will use props for quicker results. Students must provide their own exercise mat, one pound weights, and flexi-band.

Gabriela Kasanjian, Service Club House

10 Weeks: January 8, 2015 – March 12, 2015

Fees: \$71.00 All Welcome  
1207.301 Thursday 5:30 to 6:30pm

TAI CHI – CHEN STYLE

The Chen Style is the origin of Tai Ji Quan and requires the mind to be in control of Qi which in turn activates the body. Students must verify any holiday make ups with instructor.



Nelson Ong,  
Barnes Park Memorial Bowl

10 Weeks: January 4, 2015 – March 8, 2015  
Fees: \$90.00 All Welcome

1208.301 Sunday 9:00 to 10:30am

TAI CHI – MIXED STYLE

Learn Tai Chi stemming from all styles including Chen, Sun, Woo, Wu and Yang. Students must verify any holiday make ups with instructor.

Jie Guo, Garvey Ranch Park

3 Months: January 4, 2015 – March 29, 2015

Fees: \$97.00 All Welcome  
1217.301 24 Hand Form Sunday 9:30 to 10:30am  
1217.302 48 Hand Form Sunday 8:30 to 9:30am  
Fees: \$127.00 All Welcome  
1217.303 New Frame (Int) Sunday 7:30 to 8:30am  
1217.304 New Frame (Beg) Sunday 12:30 to 1:30pm  
1217.305 Ba Gua Zhang 1 Sunday 8:30 to 9:30am  
1217.306 42 Hand Form Sunday 9:30 to 10:30am  
1217.307 24 Hand Form Sunday 8:30 to 9:30am  
1217.308 48 Hand Form Sunday 9:30 to 10:30am  
1217.309 Tai Chi Saber Sunday 10:30 to 11:30am  
1217.310 Wudang Sword Sunday 11:30 to 12:30pm  
1217.311 Tai Chi Fan Tuesday 8:00 to 9:30pm  
1217.312 48 Hand Form Tuesday 6:00 to 7:00pm  
1217.313 Shao Lin Tuesday 5:00 to 6:00pm  
1217.314 24 Hand Form Tuesday 7:00 to 8:00am

TAI CHI – WU DANG STYLE

The following Tai Chi classes combine Qi Gong and gentle body and hand movements to create the Wu Dang Style. Students must verify any holiday make ups with instructor.



Chiu Sang Lee, Sierra Vista Park



3 Months: January 3, 2015 – March 28, 2015

Fees: \$67.00	All Welcome		
1209.302	Basic Form	Friday	4:30 to 5:30pm
Fees: \$97.00	All Welcome		
1209.305	Circle form	Friday	5:00 to 6:00pm
Fees: \$67.00	All Welcome		
1209.309	Qi Gong	Friday	5:00 to 6:00pm
Fees: \$97.00	All Welcome		
1209.312	Saber Form	Friday	5:00 to 6:00pm
Fees: \$97.00	All Welcome		
1209.315	Sword Form	Friday	5:00 to 6:00pm

YOGA HATHA – ALL LEVELS


Ideal class for students new to yoga- combines posture, breathing and meditation. Students must provide their own towel, blanket or exercise mat. Students must verify any holiday make ups with instructor.

**Chieko Fosterling, Langley Center**  
**10 Weeks: January 3, 2015 – March 7, 2015**  
**Fees: \$90.00 18yrs & Up**

1204.301	Beginner	Saturday	9:00 to 10:15am
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NEW!! BEGINNING YOGA LEVEL

This class is ideal for the student new to yoga. This course introduces the basic poses, principles of movement and posture, yoga philosophy and simple relaxation techniques. In lyengar yoga, weak parts are strengthened and stiff parts are stretched, thus awakening and realigning the whole body. This class is perfect for beginning yoga students!



**Dora Hasenbein, Yoga Darsana, 11 N. Fourth St., Alhambra**  
**10 Weeks: January 3, 2015 – March 12, 2015**  
**Fees: \$110/10 wks or \$190/20 mtgs.**

1219.301	Ages 16+	Select One Day	
1219.302	Ages 16+	Select Two Days	
Saturdays		12 PM - 1:15 PM	
Sundays		11:30 AM - 12:30 PM	
Mondays - Thursdays		7:15 PM - 8:15 PM	
Tuesdays		9 am to 10:15 am	

NEW!! GENTLE YOGA & MEDITATION

Meditation and yoga are both healing and will enhance mental clarity, strength, flexibility and balance. This class is ideal for all ages including Seniors and for Prenatal and Postnatal. Please bring a yoga mat, an empty stomach and wear comfortable clothing.

**Dora Hasenbein, Yoga Darsana, 11 N. Fourth St., Alhambra**  
**10 Weeks: January 3, 2015 – March 9, 2015**  
**Fees: \$110/10 wks or \$190/20 mtgs.**

1219.303	Ages 16+	Select One Day	
1219.304	Ages 16+	Select Two Days	
Mondays		9:00 – 10:15 AM	
Saturdays		9:00 – 10:15 AM	

NEW!! YOGA FOR ALL LEVELS

Discover the healing benefits of Hatha Yoga; health, strength, energy, flexibility, mental clarity, and much more. Learn the basic fundamentals of asanas along with relaxation. Please bring a yoga mat and an empty stomach.

**Dora Hasenbein, Yoga Darsana, 11 N. Fourth St., Alhambra**  
**10 Weeks: January 4, 2015 – March 13, 2015**  
**Fees: \$110/10 wks or \$190/20 mtgs.**

1219.305	Ages 16+	Select One Day	Monday – Sunday
1219.306	Ages 16+	Select Two Days	Monday – Sunday

Weekday Schedule

Monday – Friday	.....6:00 – 7:15 pm
Monday.....	4:15 – 5:30 pm
Wed & Fri.....	7:45 - 9:00 am
Thursday.....	9:00 – 10:15am

Weekend Schedule

Sunday....	9:00 – 10:00 am
Sunday..	10:00 – 11:15 am
Sunday.....	6:00 – 7:30 pm

NEW!! YOGA FOR INTERMEDIATE STUDENTS

Join us for a deeper study of asanas (postures). Students focus on continuing studies of inversions including headstand, shoulderstand and back-bend variations. Relaxation is practiced.

**Dora Hasenbein, Yoga Darsana, 11 N. Fourth St., Alhambra**  
**10 Weeks: January 8, 2015 – March 12, 2015**  
**Fees: \$110/10 wks**

1219.307	ges 16+	Tuesday & Thursdays	6:00 – 7:15 pm
	Sunday	10:00- 11:15am	

NEW!! PRENATAL YOGA

This class is designed to support the most healthy and comfortable pregnancy possible. During pregnancy, yoga helps keep the body fit and the mind at ease. Mothers-to-be will find that yoga can

maintain strength and functioning during pregnancy which can ease the difficulty of labor and postpartum recovery. Practicing yoga while pregnant is an especially gratifying experience; yoga can give a mother time to discover her deep, emotional bond with her baby even before birth.

**Dora Hasenbein, Yoga Darsana, 11 N. Fourth St., Alhambra**  
**10 Weeks: January 5, 2015 – March 9, 2015**  
**Fees: \$110/10 wks**

1219.308	Ages 18+	Mondays	4:15 – 5:30 PM
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New!! INTRODUCTORY COURSE FOR STUDENTS NEW TO YOGA

This course is a total of four sessions and introduces the basic yoga poses, principles of movement and posture. Each session is a cumulative experience with each class building on the one before it. The needs of each individual will be addressed. This course is a great way to begin your study of yoga or to refresh your understanding of the basics.

Some of the benefits include, rejuvenation and overcoming fatigue, increased vitality, reduction of stress and anxiety; helps correct postural imbalances, decrease in back and neck pain; learn simple relaxation techniques.

**Dora Hasenbein, Yoga Darsana, 11 N. Fourth St., Alhambra**  
**4 Sessions: Fees: \$60.00**

1219.309	Ages 18+		
	Saturday Dates:	1:15 pm - 2:45 pm	
	Sunday Dates:	4:00 pm - 5:30 pm	
	Saturdays,	January 3, 10, 17 and 24	
	Sundays,	May 3, 10, 17 and 24	
	Saturdays,	February 7, 14, 21, 28	
	Sundays,	June 7, 14, 21 and 28	
	Saturdays,	March 7, 14, 21 and 28	

ZUMBA FITNESS

Zumba combines Latin and international music with dance in an effort to make exercise fun. Students are responsible for comfortable athletic attire and tennis shoes. Students must verify any holiday make ups with instructor.

**JayVee Dance Center, 216 East Main Street, Alhambra**  
**8 Weeks: January 6, 2015 – February 28, 2015**  
**Fees: \$90.00 18yrs & Up**

1219.311	Tuesday	6:30 to 7:30pm
1219.312	Thursday	6:30 to 7:30pm
1219.313	Saturday	9:30 to 10:30am

## MARTIAL ARTS CLASSES

NIPPON KEMPO KARATE

Nippon Kempo is a full force sport based on techniques of striking, kicking, throwing, reverse holds and ground combat. Advanced class requires Instructor's approval. Students must verify any holiday make ups with instructor.

**Mark Ishida, Garvey Ranch Park**  
**Each Month: December 8, 2015 – March 26, 2015**  
**Fees: \$33.00 or \$28.00 Subsequent Family 5yrs & Up**

1102.301	Jan-Beg	Thursday 6:30 - 8:00pm & Saturday 9:00-10:30am
1102.302	Feb-Beg	Thursday 6:30 - 8:00pm & Saturday 9:00-10:30am
1102.303	Mar-Beg	Thursday 6:30 - 8:00pm & Saturday 9:00-10:30am
1102.304	Jan-Adv	Thursday 7:30 - 9:00pm & Saturday 10:00 - 11:30am
1102.305	Feb-Adv	Thursday 7:30 - 9:00pm & Saturday 10:00 - 11:30am
1102.306	Mar-Adv	Thursday 7:30 - 9:00pm & Saturday 10:00 - 11:30am
1102.307	Dec-Beg	Thursday 6:30 - 8:00pm & Saturday 9:00-10:30am
1102.308	Dec-Adv	Thursday 7:30 - 9:00pm & Saturday 10:00 - 11:30am

SHAOLIN KUNG FU

The Shaolin Kung Fu class teaches various Shaolin Martial Arts to help improve your body flexibility and overall health. The class also allows students to foster their martial virtues, perseverance, and independence so that they will become more disciplined and confident. The Shaolin Kung Fu class is taught by Peter Thai, a Shaolin disciple, who has been practicing martial arts for 15 years.

**Amie Wang, George Elder Community Center**

**4 weeks: November 22, 2014 -- December 20, 2014(Close on Thanksgiving, Christmas weekends)**  
**Fees: \$47.00 5 years & up**

1301.337	Beginner/Intermediate	Saturday	9:00am to 10:30am
1301.338	Beginner/Intermediate	Saturday	11:00am to 12:30am
1301.339	Beginner	Saturday	1:30 pm to 3:00pm
1301.340	Beginner	Saturday	3:00 pm to 4:30pm

SHAOLIN KUNG FU

The Shaolin Kung Fu class teaches various Shaolin Martial Arts to help improve your body flexibility and overall health. The class also allows students to foster their martial virtues, perseverance, and independence so that they will become more disciplined and confident. The Shaolin Kung Fu class is taught by Peter Thai, a Shaolin disciple, who has been practicing martial arts for 15 years.

**Amie Wang, George Elder Community Center**  
**10 weeks: January 3, 2015 – March 7, 2015**  
**Fees: \$97.00 5 years & up**

1301.317	Beginner/Intermediate	Saturday	9:00 am to 10:30am
1301.318	Beginner/Intermediate	Saturday	11:00 am to 12:30am
1301.319	Beginner	Saturday	1:30 pm to 3:00pm
1301.320	Beginner	Saturday	3:00 pm to 4:30pm

SHOBU KAI KARATE DO

Shobu Kai Karate-Do is a traditional karate style. It will help students learn self defense. Class will help improve self-discipline, confidence and concentration.

**Ricky Wong, George Elder Community Center**  
**1 Month: December 9, 2015 – March 26, 2015**  
**Fees: \$29.00 or \$24.00 Subsequent Family 6yrs & Up**

1105.304	Dec	Tues & Thurs	7:00 to 8:00pm
1105.301	Jan	Tues & Thurs	7:00 to 8:00pm
1105.302	Feb	Tues & Thurs	7:00 to 8:00pm
1105.303	Mar	Tues & Thurs	7:00 to 8:00pm

SHOTOKAN KARATE DO

Shotokan Karate-Do will help students develop mobility, balance, awareness, reflexes, timing, and discipline. Promotional rankings are available. Friday class is optional. Students must verify any holiday make ups with instructor.

**Richard Kageyama, George Elder Community Center**  
**Each Month: December 8, 2015 – March 28, 2015**  
**Fees: \$35.00 or \$30.00 Subsequent Family 6yrs & Up**

1103.301	Jan-Beg	Mon/Wed/Fri	6:30 to 7:45pm
1103.302	Feb-Beg	Mon/Wed/Fri	6:30 to 7:45pm
1103.303	Mar-Beg	Mon/Wed/Fri	6:30 to 7:45pm
1103.304	Jan-Adv	Mon/Wed/Fri	8:00 to 9:00pm
1103.305	Feb-Adv	Mon/Wed/Fri	8:00 to 9:00pm
1103.306	Mar-Adv	Mon/Wed/Fri	8:00 to 9:00pm
1103.307	Dec-Beg	Mon/Wed/Fri	6:30 to 7:45pm
1103.308	Dec-Adv	Mon/Wed/Fri	8:00 to 9:00pm

WING CHUN KUNG FU

Authentic Wing Chun, Desui Kung Fu including: Chinese ground grappling and Tai Ji Chi Gong breathing exercises for health and self discipline. Students must verify any holiday make ups with instructor.

**Thomas Wong, Garvey Ranch Park**  
**Each Month-Wing Chun 1: January 4, 2015 – March 28, 2015**  
**Fees: \$85.00 All Welcome**

1104.301	Jan-Beg	Thursday 8:00 - 9:00pm or Saturday 4:00 - 5:00pm
1104.302	Feb-Beg	Thursday 8:00 - 9:00pm or Saturday 4:00 - 5:00pm
1104.303	Mar-Beg	Thursday 8:00 - 9:00pm or Saturday 4:00 - 5:00pm

**Each Month-Wing Chun 2: January 4, 2015 – March 28, 2015**  
**Fees: \$95.00 All Welcome**

1104.307	Jan-Adv	Saturday	2:00 to 4:00pm
1104.308	Feb-Adv	Saturday	2:00 to 4:00pm
1104.309(Sept)	Mar-Adv	Saturday	2:00 to 4:00pm

## MUSIC & THEATER CLASSES

ACTING AND CREATIVE DRAMA FOR CHILDREN

Students will learn the basics of acting, building confidence and self esteem through cooperation and team work with theater games and improvisation. Class includes a performance for parents at the end of the session. Students must verify any holiday make ups with instructor.

**Lee Chen Norman, George Elder Community Center**  
**10 Weeks: January 4, 2015 – March 8, 2015**  
**Fees: \$97.00 6yrs to 11yrs**

1801.301	Sunday	2:00 to 2:50pm GECC
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AUDITION TECHNIQUES FOR CHILDREN

Students will learn the basic techniques for stage, commercial, and TV/film auditions. Children will work on commercial copies, monologues, and scenes from stage plays and TV/ film. Team work, theater games and improvisation will be taught in the class. From the 5th classes, students will be taped. Students will perform two monologues and a scene for parents at the end of the

session. Students must verify any holiday make ups with instructor.

**Lee Chen Norman, George Elder Community Center**  
**10 Weeks: January 4, 2015 – March 8, 2015**  
**Fees: \$97.00 8yrs to 13yrs**

1801.302	Sunday	3:00 to 3:50pm GECC
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SPEECH AND VOICE FOR PRESENTATION

Techniques on speech and voice will be taught to students. A progression from group work, to two person work, then individual work will be taken place in class. Students will give a speech at the end of the session for parents. Students must verify any holiday make ups with instructor.

**Lee Chen Norman, George Elder Community Center**  
**10 Weeks: January 4, 2015 – March 8, 2015**  
**Fees: \$97.00 8yrs to 15yrs**

1801.303	Sunday	4:00 to 4:50pm GECC
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IMPROVISATIONS FOR NON-ACTING ADULTS

Exercises are based on Viola Spolin Improvisation techniques. Enjoy the freedom of your intuition and imagination and exercise your

mental health. Students must verify any holiday make ups with instructor.

**Lee Chen Norman, George Elder Community Center**  
**10 Weeks: January 4, 2015 – March 8, 2015**  
**Fees: \$97.00 18yrs & Up**

1801.304	Sunday	11:00 to 12:00noon GECC
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SINGING CLASS – GROUP LESSON

LA Little Angels Children's Chorale provides an excellent foundation for young performers of the future. Class A (Kindergarten) - vocalization, rhythm, ear training, theory, body coordination, famous cute songs. Class B (Elementary) – Vocal technique, Rhythm, Ear training, theory exploration, famous Choral, Musical performance, Community services

**www.LittleAngelsChorale.com**  
**LA Little Angels Children's Chorale, 401 Garfield Ave #B, Monterey Park**  
**4 Weeks: January 4, 2015 – January 25, 2015**  
**Fees: \$70.00 Kindergarten**





1717.301 <b>Fees: \$80.00</b> 1717.302	Sunday (A Class) <b>Elementary</b> Sunday (B Class)	4:30 to 5:45pm  3:00 to 4:30pm	1717.304 7yrs to 9yrs	Monday	7:00pm to 8:00pm	1717.305 Private Piano 1717.306 Private Violin 1717.307 Private Voice 1717.308 Private Guitar	Mon-Sun Mon-Sun Mon-Sun Mon-Sun	30 minutes/per session 30 minutes/per session 30 minutes/per session 30 minutes/per session
<b>PIANO PREP – GROUP LESSONS</b> Class will focus on basic finger training, rhythm counting, sight reading, and chord application and performance repertoires. Students will be required to provide earphones and purchase piano books – for additional material fees may be required. Visit the website at www.littleangelschorale.com for more information. Students must verify any holiday make ups with instructor. <b>Little Angels Children's Chorale, 401 Garfield Ave #B, Monterey Park</b> <b>4 Weeks: January 5, 2015 – January 26, 2015</b> <b>Fees: \$80.00 5yrs &amp; Up</b> 1717.303 5yrs to 6yrs Monday 6:00pm to 7:00pm								
<b>PRIVATE PIANO, VIOLIN, GUITAR AND VOICE LESSONS</b> One on one efficient expert teacher will guide students step by step into the beautiful world of music. Voice lessons include vocalizing, sight singing and stage performance. Violin and Piano lessons include finger technique, sight reading and beat counting. Individual lessons run 30 minutes per session – time to be worked out with instructor. Additional material fees may be required – Visit website at www.littleangelschorale.com for more information. Students must verify any holiday make ups with instructor. <b>Little Angels Children's Chorale, 401 Garfield Ave #B, Monterey Park</b> <b>4 Weeks: January 5, 2015 – February 1, 2015</b> <b>Fees: \$120.00 5yrs &amp; Up</b>								
<b>PIANO</b> Have you always wanted to play the piano? Learn notes and chords but owning a piano is not necessary. <b>Ai Hwa Kung, Barnes Park Service Club</b> <b>8 Weeks: January 7, 2015 – February 25, 2015</b> <b>Group Fees: \$60.00 5yrs &amp; Up</b> 1710.304 Group-Beg Wednesday 5:30 to 6:15pm <b>Private Fees: \$257.00 5yrs &amp; Up</b> 1710.306 Private Wednesday 5:00 to 5:30pm								

## SENIOR FITNESS CLASSES

### CHAIR FITNESS FOR OLDER ADULTS - 50yrs & Up

Aerobic movement, range of motion exercises, strength training, stretching all performed in a seated position Perfect for students with balance or mobility issues and those recovering from illness or injury. Light hand weights and resistance bands are used in each class. Purchase band from instructor \$3.00



**Sonja Holladay, Langley Center**  
**10 Weeks: January 6, 2015 – March 12, 2015**  
**Fees: \$54.00 50yrs & Up**  
4215.301 Tuesday & Thursday 1:30 to 2:30pm

**Fees: \$29.00 50yrs & Up**  
4215.302 Thursday 1:30 to 2:30pm

### TOTAL FITNESS FOR SENIORS - 50yrs & Up

Heart healthy low impact aerobics, strength training and flexibility all wrapped up into one class! Light hand weights (2lbs-5lbs) and resistance bands are used in each class. Floor mat also required for Intermediate and Advance levels. Purchase band from instructor \$3.00

**Sonja Holladay, Langley Center**  
**10 Weeks: January 5, 2015 – March 12, 2015**  
**Fees: \$33.00 (1-day class) or \$60.00 (2-day class) or \$85.00 (3-day class)**  
4215.303 Beginner Mon & Wed 1:00 to 2:30pm

4215.304 Inter/Adv Mon & Thu 2:45 to 4:15pm  
4215.305 Inter/Adv Tuesday 2:45 to 4:15pm  
4215.307 Inter/Adv Mon,Tues & Thurs. 2:45 to 4:15pm

### ZUMBA GOLD - 50yrs & Up

Dress to sweat in this low impact, easy to follow, Latin-Inspired dance fitness party that keeps you in a groove for life. Some of the dance styles include: merengue, salsa, and cumbia. Instructor is ZUMBA and ZUMBA Gold licensed. Bring water and towel to class.

**Sonja Holladay, Langley Center**  
**10 Weeks: January 6, 2015 – March 11, 2015**  
**Fees: \$37.00 50yrs & Up**  
4215.306 Tuesday 12:15 to 1:15pm

## SENIOR CLASSES - 50yrs & Up

### GOLF - 4 SENIOR'S

Learn the basics of golf - putt, chi, pitch, sand, full swing). experience the fun of playing on the golf course, under the guidance of a PGA member. 12 hours of instructions, average of cost is \$100 per hour for private lessons. Golf clubs are provided by instructor. Students are responsible for the purchase of range balls at each class.



**Kevin Norwall, PGA PRO Instructor**  
**Monterey Park Golf Course 3600 W. Ramona Blvd, Monterey Park,**

**CA 91754**  
**5 Week: January 6, 2015 – February 5, 2015**  
**Fee: \$100.00 Seniors 50 yrs and Up**  
4602.310 Tues & Thurs 9:00am - 10:00am

### TABLE TENNIS, BILLIARDS AND EXERCISE

Come early and play or exercise at Langley Center. Only participants that have paid activity fees may participate or occupy the rooms during the posted times. Doors open for regular activities at 8:00 A.M., Monday – Friday. No Saturday early entrance.

**Langley Senior Center**  
**9 WEEKS: January 5, 2015 – March 6, 2015**  
**FEE: \$39.00 seniors 50 yrs and Up**

4602.301 Monday – Friday 6:00 a.m. – 8:00 a.m.  
**9 Weeks: January 4, 2015 – February 28, 2015**  
**FEE: \$27.00 seniors 50 yrs and Up**  
4602.302 Saturday 8:00 a.m. – 12:00 noon

### BALLROOM DANCE CLASS

Learn the basics of ballroom dance and enjoy a wonderful evening with a classic instructor that will teach you fundamentals and ballroom classic style.

**Glenn Yata, Langley Senior Center**  
**12 Weeks: January 7, 2015 – March 28, 2015**  
**Fee: \$5.00 per lesson**  
4403.301 Wednesday and Friday 7:00pm – 10:00pm

## SENIOR CLASSES – FREE

Please come to the center and enjoy these free classes. Register on-line for fee based classes only.

### AMERICAN CULTURE - Intermediate

Explore American life and language.  
**Paul Cheng, Langley Senior Center**  
**12 Weeks: January 6, 2015 – March 24, 2015**  
**Fee: FREE**  
Thursday 1:00pm – 3:00pm

### ENGLISH CONVERSATION

Refine you English language skills with Betty Cheng, Instructor.  
**Betty Cheng, Langley Senior Center**  
**12 Weeks: January 8, 2015 – March 26, 2015**  
**Fee: FREE**  
Thursday 9:15 A.M.-11:30 A.M.

### BEADING CLASS

Come create one-of-a-kind designs under the direction of Francis Lau, Instructor. Free - Pay for materials used.  
**Francis Lau, Langley Senior Center**  
**12 Weeks: January 5, 2015 – March 23, 2015**  
**Fee: FREE**  
Monday 9:00A.M.-11:00A.M.

### CHINESE PAINTING II & CALLIGRAPHY

Learn Chinese painting - one of the oldest traditions in the world; \$25 materials fee.  
Calligraphy - the writing of characters is an art which has developed over many centuries in China. Louie Valdivia, Calligraphy Instructor.  
Yu Zhou So, Painting Instructor, Langley Senior Center  
**Louie Valdivia, Calligraphy Instructor, Langley Senior Center**  
**12 Weeks: January 8, 2015 – March 26, 2015**  
**Fee: FREE**  
Thursday 9:30A.M.-12:00 Noon



### NEEDLECRAFT CLASS

Sew or knit with friends in the warm atmosphere of learning new skills or sharing your designs.  
**Langley Senior Center**  
**12 Weeks: January 6, 2015 – March 24, 2015**  
**Fee: FREE**  
Tuesday 9:00A.M.-11:00A.M.

### CHINESE HEALTH EXERCISE

Easy movement exercise early in the morning.

**Mary Tam, Langley Senior Center**  
**12 Weeks: January 5, 2015 – March 27, 2015**  
**Fee: FREE**  
Monday-Friday 7:00 A.M. – 8:00 A.M.

### YUAN CHI DANCE/TAI CHI EXERCISE

**Sandra Lin, Alice Tsao, and Rosa Yee, Langley Senior Center**  
**12 Weeks: January 5, 2015 – March 26, 2015**  
**Fee: FREE**  
Monday – Tuesday 8:00 A.M. – 10:00 A.M.  
Wednesday – Thursday 8:00 A.M. – 10:30 A.M.

### MEMORY MAKERS FITNESS

Includes Yuan chi Dance, Line Dance and Tai chi Exercises  
**Sandra Lin, Alice Tsao, and Rosa Yee, Langley Senior Center**  
**12 Weeks: January 3, 2015 – March 21, 2015**  
**Fee: \$10.00 per quarter**  
Saturday 9:00 A.M. – 10:00 A.M.

### LINE DANCING

**Alice Tsao, Langley Senior Center**  
**12 Weeks: January 5, 2015 – March 24, 2015**  
**Fee: FREE**  
Monday and Tuesday 10:00 A.M. – 11:00 A.M.



### LINE DANCING Beginning

**Sandra Lin and Alice Hao, Langley Senior Center**  
**12 Weeks: January 9, 2015 – March 28, 2015**  
**Fee: FREE**  
Friday 8:45 A.M. – 10:30 A.M.

### LINE DANCING Intermediate/advance

**Wilson Ng, Langley Senior Center**  
**12 Weeks: January 9, 2015 – March 28, 2015**  
**Fee: FREE**  
Friday 9:00 A.M. – 10:30 A.M.

### KARAOKE

A means of recreation to sing your favorite song or belt out your best ballad.  
**Betty Cheng, Langley Senior Center**  
**12 Weeks: January 6, 2015 – March 24, 2015**  
**Fee: FREE**  
Tuesday 9:00 A.M. – 12 Noon

### FRIENDSHIP CHORUS

**Prof. Ping Qiao, Langley Senior Center**  
**12 Weeks: January 7, 2015 – March 25, 2015**  
**Fee: FREE**  
Wednesday 9:30 A.M. – 12:00 Noon

### CHINESE EVERGREEN CHORUS

**Delly Chow, Langley Senior Center**  
**12 Weeks: January 7, 2015 – March 25, 2015**  
**Fee: FREE**  
Wednesday 1:00 P.M. – 3:00 P.M.

### CHINESE OPERA

**Fuller Chen, Langley Senior Center**  
**12 Weeks: January 5, 2015 – March 23, 2015**  
**Fee: FREE**  
Monday 9:00 A.M. – 12 noon



### CHINESE OPERA

**C.L. Shen, Langley Senior Center**  
**12 Weeks: January 9, 2015 – March 27, 2015**  
**Fee: FREE**  
Friday 9:00 A.M. – 12 noon

### MONTERY PARK CHORUS

**DR. S.S. CHANG**  
**Friendship Room at Langley Senior Center**  
**Fee: FREE**  
Monday 7:00 P.M. – 9:00 P.M.

### CONCERT BAND OF MONTEREY PARK

Musician's are wanted-brass, woodwinds and drums. Must be able to read music and have own instrument and music stand. Main Room at Langley Senior Center.  
**Fee: Monthly**  
Mondays 7:30 P.M. – 9:00 P.M.


### GARDEN GROUP CLASS

Learn tips for gardening to make your garden look wonderful. For further information, contact Suzie Juarez at (626) 695-8059.  
**Suzie Juarez, Langley Senior Center**  
**Fee: FREE**  
**4th Monday –**  
Mondays 1:00 p.m.




SPORTS CLASSES

**GOLF**  
Learn the fundamentals of putting, chipping, pitching, full swing, grip, stance, swing, club selection and etiquette. Instructor is a P.G.A. member. Experienced golfers will improve their skills as well. Golf clubs are provided by instructor. Students are responsible for the purchase of range balls at each class. Students must verify any holiday make ups with instructor.  
Kevin Norwall, PGA PRO Instructor  
**Monterey Park Golf Course 3600 W. Ramona Blvd, Monterey Park, CA 91754**  
**5 Weeks: January 7, 2015 – February 4, 2015**  
**Fees: \$59.00 8yrs & Up**  
1601.301 Wednesday 9:00 to 10:00am  
1601.302 Saturday 11:00 to 12:00pm  
1601.303 Saturday 1:00 to 2:00pm



**GYMNASTICS – PARENT & ME**  
Enhance your child’s development and share their experiences as you assist them through a structured class designed to encourage fun, flexibility and coordination. One adult must participate in the class. Payke Gymnastics requires an additional




waiver to be signed by a parent or legal guardian at the first class.  
**Payke Gymnastics, 107 S. Garfield Ave, Alhambra**  
**8 Weeks: January 6, 2015 – February 27, 2015**  
**Fees: \$110.00 2yrs to 3yrs**  
1602.301 Tuesday 11:15am to 12:00pm

**GYMNASTICS**  
Learn basic gymnastics and concentration skills along with coordination, strength and self confidence. Payke Gymnastics requires an additional waiver to be signed by a parent or legal guardian at the first class.  
**Payke Gymnastics, 107 S. Garfield Ave, Alhambra**  
**8 Weeks: January 6, 2015 – February 27, 2015**  
**Fees: \$110.00 5yrs to 8yrs**  
1602.302 Tuesday 4:00 to 5:00pm

**KINDER-GYM**  
This program is specially designed for the introduction of basic fundamental skills of gymnastics on vault, bars, beam, floor, mini-tramp and trampoline. Payke Gymnastics requires an additional waiver to be signed by a parent or legal guardian at the first class.  
**Payke Gymnastics, 107 S. Garfield Ave, Alhambra**  
**8 Weeks: January 6, 2015 – February 27, 2015**  
**Fees: \$110.00 4yrs to 5yrs**  
1602.303 Tuesday 3:15 to 4:00pm

**PING PONG**  
Sierra Vista Ping Pong class will include basic Ping Pong Instruction and open play. \$10 Punch Cards good for 10 days of play, are also available at City Hall Recreation Counter. Students must verify any holiday make ups with instructor.  
**Sierra Vista Park**  
**3 Months: January 5, 2015 – March 27, 2015**  
**Fees: \$22.00 6yrs & Up**  
1610.301 Monday-Friday 8:00 to 12:00pm



**TENNIS - ADULT**  
Students are required to bring 2 cans of tennis balls with them to the first class. Students must verify any holiday make ups with instructor.  
Dean Eddow, Barnes and Elder Tennis Courts  
**10 Weeks: January 3, 2015 – March 12, 2015**  
**Fees: \$50.00 18yrs & Up**  
**Elder Tennis Courts**  
1609.301 Inter/Adv Tuesday 7:00 to 8:30pm  
1609.302 Advance Tuesday 8:30 to 10:00pm  
1609.303 Inter/Adv Thursday 7:00 to 8:30pm  
1609.304 Advance Thursday 8:30 to 10:00pm  
**Barnes Tennis Courts**  
1609.305 Beg/Inter Saturday 4:00 to 5:30pm

WATER CLASSES

**LAP SWIM – ADULTS**  
For the fitness conscious, a Morning Lap Swim Program is available at Barnes Park Pool.  
**Barnes Park Pool**  
**1 Month**  
**Fees: \$34.00 or \$60.00**  
**Subsequent Family**  
**14yrs & Up**  
2301.301 Dec Monday-Friday 6:00 to 8:00am  
Sat & Sun 6:00 to 10:00 am  
2301.302 Jan Monday-Friday 6:00 to 8:00am  
Sat & Sun 6:00 to 10:00 am  
2301.303 Feb Monday-Friday 6:00 to 8:00am  
Sat & Sun 6:00 to 10:00 am  
2301.307 Mar Monday-Friday 6:00 to 8:00am  
Sat & Sun 6:00 to 10:00 am



**LAP SWIM - SENIORS**  
For the fitness conscious, a Morning Lap Swim Program is available at Barnes Park Pool.  
**Barnes Park Pool**  
**1 Month**  
**Fees: \$22.00 50yrs & Up**  
2301.304 Dec Monday-Friday 6:00 to 8:00am  
Sat & Sun 6:00 to 10:00 am  
2301.305 Jan Monday-Friday 6:00 to 8:00am  
Sat & Sun 6:00 to 10:00 am  
2301.306 Feb Monday-Friday 6:00 to 8:00am  
Sat & Sun 6:00 to 10:00 am  
2301.308 Mar Monday-Friday 6:00 to 8:00am  
Sat & Sun 6:00 to 10:00 am

**WATER AEROBICS – DEEP**  
\*\*\*If you will be registering for Sonja Holladay’s Water Aerobics classes, the following fees will be applied:  
**3 Week Mini Session – December 1st – 19th, 2014**  
1216.305 One Class per week: \$19  
1216.306 Two Classes per week: \$25  
1216.307 Three Classes per week: \$30  
1216.308 Unlimited Classes: \$37  
**13 Week Session – December 1st – March 13th, 2015**  
1216.309 One Class per week: \$59  
1216.310 Two Classes per week: \$85  
1216.311 Three Classes per week: \$110  
1216.312 Unlimited Classes: \$137  
**10 Week Session January 5th – March 13th, 2015**  
1216.301 One Class per week: \$47  
1216.302 Two Classes per week: \$67  
1216.303 Three Classes per week: \$87  
1216.304 Unlimited Classes: \$107



**WATER AEROBICS - SHALLOW**  
\*\*\*If you will be registering for Sonja Holladay’s Water Aerobics classes, the following fees will be applied:  
**3 Week Mini Session – December 1st – 19th, 2014**  
1216.305 One Class per week: \$19  
1216.306 Two Classes per week: \$25  
1216.307 Three Classes per week: \$30  
1216.308 Unlimited Classes: \$37  
**13 Week Session – December 1st – March 13th, 2015**  
1216.309 One Class per week: \$59  
1216.310 Two Classes per week: \$85  
1216.311 Three Classes per week: \$110  
1216.312 Unlimited Classes: \$137  
**10 Week Session January 5th – March 13th, 2015**  
1216.301 One Class per week: \$47  
1216.302 Two Classes per week: \$67  
1216.303 Three Classes per week: \$87  
1216.304 Unlimited Classes: \$107

Water aerobics is an effective low impact class that provides Cardiovascular benefits as well as flexibility and muscular toning. Students are required to provide their own water equipment (noodle) and must wear aqua shoes.  
**Sonja Holladay, Barnes Park Pool**  
**18yrs & Up**  
Monday 8:30 to 9:30am  
Monday 9:45 to 10:45am  
Tuesday 9:45 to 10:45am  
Wednesday 8:30 to 9:30am  
Wednesday 9:45 to 10:45am  
Thursday 9:45 to 10:45am  
Friday 9:45 to 10:45am

WINTER TRIPS

**CRUISE OF LIGHTS – HUNTINGTON HARBOR**  
Enjoy a myriad of colored lights and animated displays reflected in the waters of the Huntington Harbor Channels. The holiday bus leaves BPCC at 6:00 pm and will return at approx 9:30 pm. Participants are encouraged to dress warm and bring blankets, hot chocolate and snacks for the trip.  
**Barnes Park Community Center to Huntington Harbor**  
**1 Day: December 18, 2014**  
**Fees: \$17.00 All Welcome**  
1901.301 Thursday 6:00-9:30pm

**SNOW DRIFT INNER-TUBE PARK – LAKE ARROWHEAD**  
Join us for some Inner Tube fun in the beautiful San Bernardino Mountains. Three dare-devil slopes are available at this site including: Advanced, Intermediate and the ever favorite Bunny Slope for all you rookies. The holiday bus leaves BPCC at 7:30 am and will return at approx 4:00 pm. Participants are encouraged to bundle up – dress warm, bring a sack lunch and snacks. Inner Tubes are provided.  
**Barnes Park Community Center to Lake Arrowhead**  
**1 Day: December 26, 2014**  
**Fees: \$15.00 All Welcome**  
1901.302 Friday 7:30am-4:00pm

Use this form for Mail-In Registration ONLY

**WALK IN**  
Register starting Monday, December 1st, 2014  
Come to the Recreation and Community Services Counter at Monterey Park City Hall from Mon - Thurs 7:30am - 5:30pm, Friday 7:30am - 4:30pm.  
CREDIT CARDS (Visa, Mastercard & American Express) ARE ACCEPTED.

**MAIL IN**  
- Complete Registration Form (Photocopies can be used)  
- Enclose stamped, self-addressed envelope  
- Include a check for EXACT AMOUNT for each class payable to: City of Monterey Park  
- Mail form and check to:  
Recreation and Community Services  
320 W. Newmark Ave.  
Monterey Park, CA 91754

**GENERAL INFORMATION**  
Classes are filled on a first come first serve basis. Space is limited.  
- \$2 Senior Discount for residents 55 years of age and older.  
DISCOUNT MAY NOT BE COMBINED WITH ANY OTHER DISCOUNT OFFER.  
A cancellation fee of \$7.00 will be deducted from all refunds made prior to the start of first class meeting. No refunds will be made after class begins. Cancellations must be made in person.  
No telephone cancellations will be accepted.  
- Full refund by City check will be made if class is cancelled by the Recreation and Parks Department. REFUNDS MAY TAKE FROM (3) THREE TO (5) FIVE WEEKS.  
- All programs are subject to cancellation or schedule to change if class minimums are not reached. Classes are closed when class maximums are met. The department will make an attempt to contact all cancelled class participants by phone, letter or email. To assure that your class has not been cancelled, please call our office at (626) 307-1388 the first day of class.  
- Do not buy class supplies until you have received confirmation that the class has been filled.

PARTICIPANT: \_\_\_\_\_  
ADDRESS: \_\_\_\_\_  
CITY: \_\_\_\_\_ ZIP: \_\_\_\_\_  
HOME PHONE: \_\_\_\_\_ WORK PHONE: ( ) \_\_\_\_\_  
AGE: \_\_\_\_\_ EMAIL: \_\_\_\_\_

CLASS #	NAME OF CLASS	DAY	TIME	FEE
1				
2				
3				

Name of Parent or Guardian \_\_\_\_\_  
Emergency Phone # \_\_\_\_\_ or \_\_\_\_\_

By placing my signature on the registration form, I understand and will comply with the rules set forth by the Parks and Recreation Department regarding participation in the above named classes. I further agree for myself, my heirs, executors, administrators, and assigns to waive all rights and claims for damages against the organizations, this event, its agents, representatives, successors and assigns for any and all injuries suffered by the above-named participant at and/or during said event or activity.

I also consent to emergency treatment for my child.  
\_\_\_\_\_  
Signature of Adult Participant or Parent/Guardian Date: \_\_\_\_\_